

# The Silver Set Gazette

SENIOR CENTER – 28 MEDWAY BRANCH ROAD – NORFOLK – MA (508) 528-4430

*The mission of the Norfolk Council on Aging is to serve as an advocate to ensure that the town's seniors have the opportunity to live with independence, dignity and security.*

May 2018



## The Director's Corner:

Dear Friends,

Happy May! It's so nice to finally say goodbye to the cold dreary weather and enjoy the many delights that May brings!

Happy Mother's Day! We will be celebrating Mother's Day on Monday, May 14th at 10:30am at the center for a Mother's Day Tea, we hope you will join us! Our menu will be pastries, coffee and tea (of course).

Warmly,

Christine Quinn



## **May 15th 3-7pm Senior Charlie Card/GATRA Registration / Norfolk Reverse 911 Authorization Info**

Anyone with a **Senior Charlie Card** can get senior fares on the entire MBTA system, usually half-price for the commuter rail, buses, and subways. The regional transit authority (**GATRA**) is authorized to issue Senior Charlie Cards **to any resident of a town served by GATRA ([www.gatra.org](http://www.gatra.org)) who is age 60 or older**. The Norfolk Council on Aging will be holding a registration event at the **Norfolk Senior Center on May 15th, from 3 to 7pm**. Applicants will be processed at that time for the GATRA ID Card which will allow you to take advantage of the GATRA Dial-A-Ride service, the GATRA long distance medical transportation services, and get reduced fares on the GATRA buses. Applicants must bring proof of age and fill out a registration form. A photograph will be taken for the Senior Charlie Card/GATRA photo ID that will be mailed to registrants. A single, two-sided card will be issued with one side serving as the Senior Charlie Card and the other side serving as the GATRA ID. **This is the same Charlie Card that is issued by the MBTA and can be loaded with fares and used exactly like the Charlie Cards obtained directly from the MBTA.** This is a special opportunity for Norfolk residents because the normal MBTA eligibility age for a Senior Charlie Card is 65 years of age and usually requires that applicants travel to the MBTA office in Boston to get one issued. Norfolk residents are encouraged to contact eligible friends, neighbors, and loved ones about this opportunity. For further information (transportation can also be arranged for Norfolk residents) call 508-528-4430. **\*\*Also, a signup table with authorization forms will be available to sign up for Norfolk's Reverse 911 call system.**

## Upcoming Talks:



### **May 9th @1:30: "King Philip War"**

NY Times bestselling author Michael Tougias will give a slide presentation on the war between the Colonists and Native Americans in 1675-76. Tougias is the author of the acclaimed *Until I Have No Country (A novel of King Philip's War)*. Local history buffs, don't miss this!

### **May 11th @2:00pm: Dolly Madison Historical Portrayal:**

May 20 is the 250th anniversary of the birth of Dolley Madison. Through this performance guests come to know the ever-gracious, yet powerful (and little known) founding mother.

**May 16th @3:30pm: "Investigative Reporting"** presented by Stephen Kurkjian, Boston Globe editor and reporter for 40 years, and Pulitzer Prize winning member of the Globe Spotlight Team.



### **May 23rd @5pm: "The Great Game: Russia & the West in the 19th Century"**

Artifactual Scholar, Paulo Di Gregorio's lecture will look at the history of the relationship between Russia and the West. As recent events have shown, relations between Russia and the West have often times been contentious. The history behind this type of political conflict reaches back to the 18th century.

## May Activities

**Bingo Mondays at 1:00** 60 cents per card.

**Blood Pressure/Blood Sugar Clinics:** 3rd Wed.

**Blood Sugar at 11:00am / Blood Pressure at 11:45am**

**Bridge** - Tuesdays at 9:30 & Thursdays at 1:00 Call the Center if you would like us to set up one-on-one instruction. Join us! **Free**



**Chess for Seniors (New)** All levels welcome. Call for info.

**Clever Crafters** - Tues. at 1:00 Join us! **Free**

**Computer Help** with Nick by appointment, call the Senior Center to schedule a one-on-one session. **Free**

**Cribbage** Wednesday at 10:00 **Free**

**Cyber Exercise Cycles** - These are set up in the Lower Level and can be used anytime (unless there is a program in session, check calendar). **Free**

**Day Trips** - Bus leaves Senior Center at 9:30 **unless otherwise noted**. Return times vary depending on destination. Suggestions for trips are welcome. See inside for upcoming trips.

**Grocery Shopping** - Tuesdays, bus leaves Center at 9:00 (new time). Shaw's in Franklin except Market Basket on the second Tuesday. Call the senior center if you need a ride. **Free**



**Knitting/Crocheting Club** - (Knitwits) Fridays at 10:00 Join us as we knit a variety of items for charity. New members are always welcome. **Free**

**Line Dancing with Kathy Ryan (New)** Enjoy a fabulous mind-body workout while dancing your way to better health. May 16 & 23 1:00-2:00pm \$2

**MAH-JONGG** - Tuesdays 12:30-3:30

A game of skill and luck. Players must have basic knowledge of how to play the game. New players are always welcome. **Free**

**MAH-JONGG - Lessons for beginners**-call to make an appointment for one-on-one instructions.

**Mani/Pedi**- At the senior center the last Friday of the month starting at 10:00 call for an appointment. \$11 for a basic manicure, \$18 for basic pedicure. **Linda from Nails to Go will also go to your house, call her at 774-571-7669.**



**Massage** - Anne McElwee, Massage Therapist, will be at the Senior Center the last Thursday of the month, the first appointment is at 10:00. Call for appointment -30 minutes \$20.

**Meditation** with Gail Grivois - Mondays intermediate 10:30am to 12:00 \$2.

**Movie:** 4th Friday (call for details). **Free, includes popcorn & drinks**

**Pool Table** - Please call for availability. **Free**

**Reiki** with Gail Grivois third Friday of the month 9:00-10:00am. 15 minutes is \$12, 30 minutes is \$20. Register at the desk or call for appointment.

**Strength Video** - mornings 9:00-10:00. "Easy Does It" video is exactly as it describes itself and is the perfect starting point for the senior or those who are recovering from illness, injury, or surgery. **Free**

**Swimming** - Tuesdays 10:00-11:00 & Wednesdays 2:00-3:00 and Fridays 10:00-11:00 at the Wrentham Developmental Center. Call for details 508-384-3114.

**Talks:** We have outstanding talks/seminars every month, please check inside for topics/dates. **Free**

**Tai-Chi-for Health-Yang Style** - Mondays at 11:15 Paula Reggie instructs beginners or advanced students as well as those who prefer chairs. Paula is a certified Tai-Chi instructor. \$2.

**Water Colors** with Carlie Thursday 10:00-12:00. This is a drop in class. All levels are welcome. \$5.

**Whist Party** - First & Third Friday of the month at 12:30 Games consist of four hands, each player deals a hand. \$2. (used for prizes).



**YOGA** - Mondays at 10am with Anne, Tues. at 10:30am with Jim, Wed. at 9:00am with Geri, and Thurs. 10:30am with Ginny. The benefits of yoga are many as we age, including increased strength, improved flexibility, better balance, stronger bones and greater mental acuity. All classes can be adapted and done in a chair. \$2

**Zumba Gold classes** -Wednesday mornings at 10:15 Mi Ran Shin (Mimi) is a certified Zumba and Zumba Gold instructor \$2.

**May Lunch Excursions:**



**Chickie Flynn's** - Tuesday, May 8th at 11:30. Sign up at the center (pre-pay \$2.50); meet at Chickie Flynn's on Rte. 1 in Foxborough.  
**Gerry's Place** - Monday, May 7th. Choices: Baked Stuffed Sole or Baked Ham with Raisin Sauce. (pre-pay \$8.95) - bus leaves from the center at 10:45



**May 16<sup>th</sup> The Walpole Area Visiting Nurse Association's monthly clinics at the Norfolk Senior Center: Blood Sugar Clinic at 11:00am Blood Pressure Clinic at 11:45am**

**UPCOMING TRIPS:**



**Thursday, May 31st: Tower Hill Botanic Garden, Boylston** - the headquarters of the Worcester County Horticultural Society with 17 gardens (walking for one hr+)

**\$9pp plus lunch at Twigs Cafe at your expense. Bus leaves center at 9:30am**

**June 7th Fancy That Tea Room and Gift Shoppe, Walpole \$27pp**



The menu consists of a heart shaped scone with English clotted cream and strawberry jam, a slice of tea bread, four rectangular tea sandwiches (three miniature sweets, and a pot of tea made with spring water (over forty selections)

**June 14th Castle Island and lunch at Sullivan's** (food at your expense). Bus leaves at 9:30am



**"Nutrition Power Hour Program" with Tricia Silverman, Nutritional Educator**

**Learn about the keys to good nutrition in these power-packed hours:**

**Nutrition Power Hour: (May 10th 4:00pm)** Discover an easy way to use the food label for smart shopping, see why calories count, and learn simple techniques for portioning food. Hear about the sneaky ways sugar can affect your health, gain some helpful tips on dining out, and experience how mindful eating can change your relationship with food.

**Food for Thought: Superfoods to Boost Memory, Mood, and Mental Functioning: (May 17th 4:00pm)** Can't remember where you left the keys? Feeling tired and down? Learn the tools of nutritional success for enhancing your brain power, increasing your energy, and improving your mood.

**Global Longevity Factors: (May 24th 4:00pm)** What to Eat, and What to Do for Optimal Health: Learn which dietary and lifestyle practices lead to health, vitality, and longevity across the world. Through her interactive props and colorful display, along with her engaging speaking style, Registered Dietician and Wellness consultant, Tricia Silverman will share simple tips to optimize your health.

**Let's Have Some Fun!**



**May 2nd at 1:05pm: Boston Red Sox vs Royals** on the big screen at the Senior Center

**May 16 & 23 1:00-2:00pm: Line Dancing with Kathy Ryan:** Line dances are very easy to learn, and you do not have to coordinate your movements with a partner. Line dances are lots of fun and great exercise!! \$2

**\*Jumpin' Juba Concert June 6th 2:00 to 3:30pm:**



Jumpin' Juba mixes blues from Chicago, Memphis and New Orleans with roots-y rock & roll, jazz, classic pop & Latin flavors. Steve Hurl's guitar playing draws from great acoustic blues finger-pickers, & from string benders of the 1950s. Bruce Ward's piano work is classic rhythm & blues and boogie-woogie.

**\*This program is supported in part by a grant from the Norfolk Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.**



**You Don't Have to be a Connoisseur to Enjoy the Arts! Four-week program:**

**Tuesdays, June 5, 12, 19, 26. Limited to 15 ~ \$10 fee covers 4 weeks**

Art intimidates a lot of people. They feel they don't understand it. They can sometimes associate it with snobbery. The truth is, you don't have to be a connoisseur to enjoy the arts, whether it's painting, music, sculpture, photography, or even poetry. All that's needed is an open mind and a willingness to respond naturally to what you see and hear.

There are no experts in this four-week workshop. No laborious history, no put-you-to-sleep lecturing. Instead, you'll find yourself engaged in sixty minutes of spirited back and forth, reacting candidly to the works of various painters, composers, sculptors, and even poets. Be part of the fun in this lively and entertaining program!

*The Executive Office of Elder Affairs supports and helps with the funding of this newsletter.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9 Strength Training 9:30 Bridge <b>9:00 Grocery shopping</b> 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	<b>2</b> 9 Strength Training <b>9 Gentle Yoga</b> 10 Cribbage <b>10:00 Zumba Gold</b> <b>1:05 Boston Red Sox on the big screen at Senior Center</b>	<b>3</b> 9 Strength Training 10-12 Watercolor /Carlie <b>10:30 Yoga (new)</b> 1 Bridge <b>1-2 Minds in Motion</b>	<b>4</b> 9 Strength Training 10 Knitting Club 12:30 Whist
<b>7</b> 9 Strength Training 10 Yoga 10:30 Meditation 10:45 Bus to Gerry's Place 11:15 Tai Chi for Health 1 Bingo	<b>8</b> 9 Strength Training 9:30 Bridge <b>9:00 Grocery shopping</b> 10:30 Yoga 11:30 Chickie Flynn's 12:30-3:30 MAH-JONGG 1 Craft Group	<b>9</b> 9 Strength Training 9 Gentle Yoga 10 Cribbage <b>10:15 Zumba Gold</b> <b>1:30pm Speaker: "King Philip War"</b>	<b>10</b> 9 Strength Training 10-12 Watercolor /Carlie <b>10:30 Yoga (new)</b> 1 Bridge <b>1-2 Minds in Motion</b> <b>4 "Nutrition Power Hour" Program</b>	<b>11</b> 9 Strength Training 10 Knitting Club <b>2 Dolly Madison's 250th Birthday Live Performance</b>
<b>14</b> 9 Strength Training 10 Yoga <b>10:30 Mother's Day Tea</b> 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo	<b>15</b> 9 Strength Training 9:30 Bridge <b>9:00 Grocery shopping</b> 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group <b>3-7PM Senior Charlie Card/GATRA Registration +Norfolk Reverse 911 sign up</b>	<b>16</b> 9 Strength Training 9 Gentle Yoga 10 Cribbage <b>10:15 Zumba Gold</b> <b>11:00 Blood Sugar clinic</b> <b>11:45 Blood pressure clinic</b> <b>1-2 Line Dancing</b> <b>3:30 Speaker: "Investigative Reporting"</b>	<b>17</b> 9 Strength Training 10-12 Watercolor / Carlie <b>10:30 Yoga (new)</b> 1 Bridge <b>4 "Food for Thought" Nutrition Program</b>	<b>18</b> 9 Strength Training 9:00 Reiki 10 Knitting Club 12:30 Whist
<b>21</b> 9 Strength Training 9:30 COA meeting 10 Yoga 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo	<b>22</b> 9 Strength Training 9:30 Bridge <b>9:00 Grocery shopping</b> 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	<b>23</b> 9 Strength Training 9 Gentle Yoga 10 Cribbage <b>10:15 Zumba Gold</b> <b>1-2 Line Dancing</b> <b>5 Speaker "The Great Game" Russia&amp;The West in the 19th Century"</b>	<b>24</b> 9 Strength Training 10-12 Watercolor /Carlie <b>10:30 Yoga (new)</b> 1 Bridge <b>4 "Global Longevity Factors" Program</b>	<b>25</b> 9 Strength Training 10 Knitting Club 10 Mani/Pedi Appts. 1:00 Movie: tbd free
<b>28</b> 9 Strength Training 10 Yoga 10:30 Meditation 11:15 Tai Chi for Health 1 Bingo	<b>29</b> 9 Strength Training 9:30 Bridge <b>9:00 Grocery shopping</b> 10:30 Yoga 12:30-3:30 MAH-JONGG 1 Craft Group	<b>30</b> 9 Strength Training 9 Gentle Yoga 10 Cribbage <b>10:15 Zumba Gold</b>	<b>31</b> 9 Strength Training <b>9:30 Bus to Tower Hill Botanic Garden</b> 10:00 Massage appts. Start 10-12 Watercolor / Carlie <b>10:30 Yoga (new)</b> 1 Bridge	<b>Please Note: We are growing! Room availability is subject to change. Please be patient as we try to find space for all programs.</b>

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Council on Aging  
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